

MISERABLE FROM STOMACH TROUBLE

Felt Wretched Until He Started To Take "Fruit-a-lives"

504 CHAMPLAIN ST., MONTREAL.
"For two years, I was a miserable sufferer from Rheumatism and Stomach Trouble. I had frequent Dizzy Spells, and when I took food, felt wretched and sleepy. I suffered from Rheumatism dreadfully, with pains in my back and joints, and my hands swollen. A friend advised 'Fruit-a-lives' and from the outset, they did me good. After the first box, I felt I was getting well and I can truthfully say that 'Fruit-a-lives' is the only medicine that helped me". LOUIS LABRIE.
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ogdenburg, N.Y.

THINK KAISER KEEPING SELF ILL BY WORRY

Undergoing Treatment at Homburg—A Mild Form of Diabetes, Say Doctors.

Berne, March 29.—Kaiser William is suffering from a mild form of diabetes, and is undergoing treatment at Homburg, according to wireless dispatches received here yesterday.

His physicians were said to have given assurances that with a careful regime of treatment they can effect a cure, but worry is said to be retarding the emperor's recovery.

Gardening in April.

April is the month of planting in the open. The gardener and his work go outdoors. Just when to begin planting, however, must be left to a great extent to the gardener's own judgment. If he is experienced he will not be misled by April's smiles nor discouraged by her frowns. A safe plan to follow is to plant the seed of the hardiest flowers and vegetables just as soon as the ground is in condition to be worked. In the vegetable garden, for instance, when the soil is spaded, plant at once, onions, both seed and sets, the smooth varieties of peas, turnips, radish, early beets and spinach. In flower garden, plant sweet peas, poppies and centaureas.

When peach or pear trees are in bloom, some of the less hardy flower and vegetable seed should be planted, such as parsnips, salsify, kohlrabi, summer spinach, wrinkled peas and cabbage; cauliflower, beet, lettuce and onion plants, grown indoors, should be set out. When the apples come into blossom, plant the tender things, such as corn, cucumbers, gourds, melons and pumpkins. But indoor grown plants of peppers, tomatoes, melons, eggplant, okra and similar tender vegetables should not be transplanted to the open ground until danger of late frosts is practically at an end.

Should a late frost, however, make its appearance—as it frequently does—when the gardener has estimated that spring is advanced beyond that point, it is well to remember that most plants will survive if afforded only slight protection. Have at hand, ready for use, old newspapers and pins of wire or of wood. Cover the plants, on the approach of a sudden drop in temperature, with the newspapers and fasten these, or anchor them in place by means of the pins. This covering, light as it is, will often-times bring plants safely through even a protracted season of frosty weather.—Woman's World for April.

OPEN NOSTRILS! END A COLD OR CATARRH

How To Get Relief When Head and Nose are Stuffed Up.

Count fifty! Your cold in head or nose disappears. Your clogged nostrils will open, the air passages of your head will clear, and you can breathe freely. No more snuffling, hawking, mucous discharge, dryness or headache; no struggling for breath at night.

Get a small bottle of Ely's Cream Balm from your druggist and apply a little of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed up and miserable. Relief is sure.—Adv.

Itching Scalp Trouble Two Years

Mrs. Dolan's daughter suffered dreadfully. At first small blisters. Broke and scale formed. Scalp sore and red. Could not sleep at night or rest in the day. Used remedies without success. Cuticura Soap and Ointment completely healed in two months.

From signed statement of Mrs. W. F. Dolan, 3 Hazel Place, Everett, Mass., July 14, 1916.

If Cuticura did not more than soothe and heal eczemas, rashes, itching and burning, bringing speedy comfort to tortured, disfigured men, women and children it would be entitled to the highest praise. But it does more. By using the Soap exclusively for toilet purposes, allowing no other soap to touch your skin, you will in many cases prevent these distressing experiences. It is always a pleasure, an effort, to use them, they are so pure.

For Free Samples by Return Mail, address post-card: "Cuticura, Dept. R, Boston." Sent by druggists and dealers throughout the world.

U.S. PREPARING FOR END OF WAR

Secretary Redfield Will Appoint Committee of Experts

HE FORESEES A BIG PROBLEM

Fears Credit May Suffer in the Readjustment of Capital

Washington, March 29.—An advisory committee on foreign trade and commerce of the United States, consisting of men of national prominence in the trade and industry of the nation, is to be appointed by Secretary of Commerce Redfield.

The committee will be an informal one to advise with and aid the secretary in keeping informed on trade conditions as they arise in the present situation and after the war.

Creation of such a body was suggested by the national foreign trade council. Willard, representing the council, had a long conference with the secretary yesterday with reference to the proposed commission.

Trade conditions and problems facing the nation are entirely new. Secretary Redfield pointed out yesterday, and no man knows what will be the after-war result, or how development will come.

In the present situation it is believed the prosperity of the nation is absolutely dependent upon foreign trade unless the nation is prepared to make heavy loans abroad and to finance foreign industry.

Officials express a belief that after the war the nations of the earth will all make efforts to acquire in some way a part of the enormous gold reserve piled up by the United States.

Unless the foreign trade of the country cannot only be maintained but also expanded, in the view of Secretary Redfield, the credit of the nation will suffer in a way that will seriously affect the prosperity of the country, even to the smallest business in the smallest town.

Heretofore, he pointed out, this nation could always depend on Europe for capital. Now most of the available capital is here, and Europe will seek it, exactly reversing the economic positions of this country among the nations of the world, and presenting grave new problems.

It is on these problems and conditions that recognized leaders in the commercial, industrial and business life of the nation will be named, as an informal committee to consult with the secretary of commerce, for co-operation in keeping the business forces of the country posted and ready for all emergencies and all conditions.

HOPE OF BI-PARTISAN HOUSE IS GONE

Mann Gives Up the Plan for Special Session of Congress with Divided Responsibility.

Washington, March 29.—Hope of a bi-partisan House in the special session of Congress was virtually abandoned yesterday by Representative Mann, proponent of the plan.

From Chicago yesterday Congressman Martin B. Madden of Illinois, chairman of the Republican organization committee of the House, notified members of the committee that a meeting of the committee will be held Friday night at Washington to consider the organization of the House. Mr. Madden left for Washington last night. He declared he was strongly in favor of the election of a Republican speaker of the House if possible. He also said that in his opinion, either the Democrats or the Republicans should take the responsibility of organizing the House.

Representative Fitzgerald of New York, chairman of the appropriations committee in the last House, yesterday announced his opposition to any non-partisan House plan and his confidence in Democratic control. Mr. Fitzgerald said he expected the extra session to be a long one and that Congress would sustain the president for protection of American lives and rights.

ASQUITH ADVOCATES WOMAN SUFFRAGE

He Makes a Strong Plea in a Speech Before the House of Commons.

London, March 29.—Woman suffrage gained a distinguished advocate yesterday in the person of former Premier Herbert Asquith.

Speaking in the House of Commons on the proposed electoral changes, the former prime minister made a strong plea for granting the suffrage to women. He admitted that his previous opposition had been due solely to expediency.

At one time Asquith was one of the most cordially detested government leaders by the Woman's Social Political Union, the militant suffragette organization.

AMERICAN KILLED.

Member of Ambulance Corps Slain on the Saloniki Front.

New York, March 29.—Word has been received here that Henry E. Montgomery Suckley of Rhinebeck, N. Y., in charge of the New York Stock Exchange unit of the American ambulance field service, was killed last Monday while on duty near Saloniki. He was 30 years of age, graduated from Harvard in 1910 and had served in the American ambulance almost from the start of the war.

General Sarail, commanding allied troops at Saloniki, informed Mr. Galatti, second in command of the ambulance field service, that Suckley has been proposed for the Legion of Honor.

"We Have Met the Enemy and they are ours." Every man who is insured has met and conquered one of the enemy—the poverty of old age. Insurance makes a man at peace with himself. National Life Ins. Co., of Vt. (Mutual). S. S. Ballard, general agent, Rialto building, Montpelier, Vt.



A BAD WRECK—of the constitution may follow in the track of a disordered system, due to impure blood or inactive liver. Don't run the risk! Doctor Pierce's Golden Medical Discovery cures all disorders and affections due to impure blood or inactive liver. The germs of disease circulate through the blood; the liver is the filter which permits the germs to enter or not. The liver active, and the blood pure, and you escape disease.

When you're debilitated, and your weight below a healthy standard, you regain health and strength, by using this "Discovery." It builds up the body. Sold in Tablet or Liquid form. If your dealer does not have it, send 50c. for the Tablets. Dr. V. M. Pierce, Buffalo, N. Y. Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules, easy to take as candy.

To Prevent Old Age Coming Too Soon!

(BY L. H. SMITH, M.D.)

Toxic poisons in the blood are thrown out by the kidneys. The kidneys act as filters for such poisons. If we wish to prevent old age coming too soon and increase our chances for a long life, we should drink plenty of pure water and take a little Anuric.

When suffering from backache, frequent or scanty urine, rheumatic pains here or there, or that constant tired worn-out feeling, the simple way to overcome these disorders is merely to obtain a little Anuric from your nearest druggist and you will quickly notice the grand results. You will find it many times more potent than lithia, and that it dissolves uric acid as hot water does sugar.

OFFERS \$50,000,000 NOTES FOR WAR COSTS

Secretary McAdoo Said to Have Made Proposal to Philadelphia and New York Banks.

Washington, March 29.—Secretary McAdoo is reported to have offered \$50,000,000 90-day 2 per cent notes to the Philadelphia and New York federal reserve banks with which to pay current war department expenses and payment of \$2,500,000 gold to Denmark Saturday for the Danish West Indies.

At the treasury department it was stated yesterday that the secretary possibly would make a statement later in regard to the payment to Denmark. It was admitted that some temporary expedient must be made by which the government must immediately obtain about \$50,000,000.

SAVING SEED POTATOES.

By Using Cones with Eyes Three-Fourths of Flesh Can Be Used for Cooking.

The cost of seeding Irish potatoes can be greatly reduced, the garden specialists of the United States department of agriculture point out, if, instead of using a whole potato for planting, the gardener will cut out from potatoes cone-shaped pieces of flesh, each containing an eye of the potato. In this way only from one-fourth to one-fifth of the flesh of the potato will be needed to provide seed and the remainder of the potato can be cooked for table use. These cones range from one-fifth to one-seventh of an ounce in weight, whereas, under the usual methods, the sets range from three-fourths to two ounces in weight. A gardener, under ordinary conditions, will get best results by using 15 to 18 bushels, or 900 to 1,080 pounds of potatoes to the acre. This method of preparing sets, therefore, should make available for table use over 675 pounds of potato flesh which, under ordinary conditions, would be planted per acre.

To plant a plot 50 by 100 feet, or approximately one-ninth of an acre, at the same rate of seeding, would call for one and two-thirds to two bushels of seed, planted in the ordinary way. The method of using the cones and eyes for seed and cooking the remainder of the flesh, therefore, becomes a worthwhile economy even when a small area is to be planted.

Under this plan it is not necessary to prepare the seed all at one time. From day to day the cones for seeding can be cut from the potatoes as they are being prepared for the table. The cuttings then should be spread out on a piece of paper in a moderately cool room (about 50 degrees Fahrenheit) and allowed to remain there until they have cured; that is, until the cut surface has become dry. A day or two should suffice for this, and potatoes then should be put in a shallow box or tray and placed where it is still colder. Any storage condition that will insure them against frost on the one hand and undue shriveling on the other should prove satisfactory.

Mother-Made, Quick Acting Cough Syrup

Should be Kept Handy in Every Home—Easily Prepared and Costs Little.

Mother, you'll never know what you are missing until you make up this inexpensive, quick-acting cough syrup and try it. Children love its pleasant taste and nothing else will loosen a cough or chest cold and heal the inflamed or swollen throat membranes with such ease and promptness. It's equally as good for grown-ups as for children.

This splendid cough syrup is made by pouring 2½ ounces of Pinex (50 cents worth), into a pint bottle and filling the bottle with plain granulated sugar syrup. This gives you a full pint—a family supply—of much better cough remedy than you could buy ready-made for \$2.50 a bottle.

The moment it touches the inflamed, cold-congested membranes that line the throat and air passages, the healing begins. The phlegm loosens, soreness, hoarse, cough spasms lessen and soon disappear altogether, thus ending a cough quicker than you ever thought possible. Hoarseness and ordinary coughs are conquered by it in 24 hours or less. Excellent for bronchitis, whooping cough, spasmodic croup, bronchial asthma or winter coughs.

Pinex is a highly concentrated compound of genuine Norway pine extract, combined with quinine and is famous for the world over for its quick healing effect on the membranes.

Beware of substitutes. Ask your druggist for "2½ ounces of Pinex" with directions and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex Co., Ft. Wayne, Ind.

A Steeplejack and An Aeronauts

By WILLIAM CHANDLER

We are likely to adopt for an occupation what we have a passion for. Tom Gurley as soon as he could walk began to climb over the furniture, and his mother was in dread lest he get up on to a window sill and tumble out. A few years later his place of blissful rest was a tree-top. Then he got to climbing water spouts and trellises on to roofs, and by this time, being old enough to go to work, he became a steeplejack.

Emily Radcliffe was built upon similar lines to Tom Gurley.

While Elen Radcliffe did not try to prevent his daughter from risking her neck in an aeroplane, he was very much averse to her marrying Tom Gurley, to whom she had become attached.

"What do you want to marry a steeplejack for?" he asked. "He'll break his neck and leave you a widow."

"No more than I'll come down with a thump in an aeroplane and leave him a widower," was the reply.

Tom had one unfortunate trait. He was a spendthrift. Mr. Radcliffe in order to get the whip hand of him employed an agent to lend the young man all the money he wanted and draw the papers in such a way that if the funds were not paid at maturity he could arrest Tom and jail him. Of course the funds were not paid, and a constable was sent for Tom.

Emily got wind of the move and warned her lover. Tom kept an eye out for suspicious looking persons, and when he saw a man making a bee line for him he ran for his natural defense, a church spire. A tall elm stood beside the building, and Tom, catching a lower limb, pulled himself up and was soon in the topmost branches. The constable followed him, and Tom, climbing out on a branch overhanging the church, dropped to the roof.

The constable followed, and Tom, who had climbed the steeple before and knew every projection, climbed up to where the cone began. There was a lightning rod running to a point above the apex, and Tom went up by it and sat on the ball, holding to the weather vane.

This was more than the constable dared do. He descended by the way he had come and, once on the ground, settled himself to stare out the culprit. He had a good view of Tom, who must come down sooner or later and give himself up.

Now it happened that Emily needed to do some shopping that morning and passing the church saw her lover crouched on the apex of the church spire and the constable below watching him like a dog eyeing a con.

She took in the situation at once. She must help her lover out of his embarrassment, but how? Various plans suggested themselves. There seemed no way to help him unless she could feed him, and to convey food to the top of a steeple was not an easy thing to do.

"I have it!" she said presently, and away she went to put in practice a plan she had thought of. Going home, she made up a luncheon and put it in a pasteboard box, to which she attached a ball of twine. Then she got out her aeroplane and, rising in the air, made for a point above the steeple where Tom was a prisoner. Tom saw her and took heart. Circling above the spire, she gradually drew nearer to a point where she could lower the box to Tom. He made several attempts to catch it and at last succeeded. Then he broke the twine, opened the box and proceeded to refresh himself.

The constable eyed the proceeding with chagrin. He reported it to his principal, who sent word to him that the prisoner could not stay where he was forever, even with food, and to keep on the job. So the constable had his food supplied from a restaurant. Tom looked down on his enemy eating comfortably from a table brought him for the purpose and wondered which of the two could hold out the longer.

When night came several assistants were thrown around the church to prevent the prisoner escaping under cover of the darkness. Tom winced. The weather was chilly and lowering, and he did not relish the kind of a bed he was subjected to for even a single night. Emily lay awake that night, thinking of her lover on his perch and worried lest he fall asleep, tumble off and be dashed to death.

If she could lower a box to Tom why could she not lower a rope to which he might cling and thus be carried away to safety? As soon as day came she arose, got out her aeroplane and, lashing a stout rope to it, knotted at intervals and a noose at the end, sailed for the steeple. When Tom saw her coming he supposed she was bringing him his breakfast; but, seeing the dangling rope, he saw at once what it meant and felt every confidence provided Emily could place it within his reach.

As good luck would have it, she succeeded the first time she tried in sailing right over him, and the rope grazed his shoulder. The dangerous part of the maneuver was leaving his seat without the rope being wrenched from his hold. He managed this dextrously and as soon as free from the spire lowered himself to the noose and, getting his legs into it, sat on it.

The gund below, seeing their prisoner sail away suspended from an aeroplane, gave up the watch and departed. Tom and Emily descended at a village miles distant from their home and decided to be married. After being back to a country parson they went back to the bride's father and were forgiven. But Tom left the profession of steeple climbing and went into business with his father-in-law.

YALE CUTS OUT FOOTBALL. Spring Practice Discontinued Because of National Uncertainty.

New Haven, Conn., March 29.—Spring football practice at Yale has been discontinued because of uncertainty in national affairs. Capt. A. L. Gates of the football team is a member of the aviation unit which has gone to Florida for training.



Preserves the skin and complexion indefinitely. Retains the Beauty of Youth when youth is but a memory. Your appearance will always be the wonder of your friends if you use

Gouraud's Oriental Cream Send 10c. for Trial Size

FRED T. HOPKINS & SON, New York

The Voyage of the St. Louis.

The pleasure generally felt over the voyage of the St. Louis to Liverpool is due entirely to the fact that the first armed American liner has successfully passed through the "barred zone." There is the more reason for satisfaction because the St. Louis' voyage was a clear defiance of Germany by the United States, and was plainly intended as a defiance.

Not only was the ship armed with United States naval cannon; the gun crews were drawn from the United States navy and they were commanded by a United States naval officer. In sending the liner thus equipped for defense through the "barred zone," the

United States government took upon itself the responsibility for deliberately breaking the new sea law proclaimed as a war measure by the Berlin authorities. It was one government, by its acts, telling another government to go to an unmentionable place. The high seas are still an international highway.

The German government might regard the voyage of the St. Louis, under these circumstances, as an act of war and, in consequence, it might declare war on the United States. Probably the Kaiser will not pursue that course. While he has not hesitated to make virtual war upon this country by indiscriminately attacking and sinking our merchant shipping without regard for the safety of the crews and passengers, he has not liked the idea of declaring war upon us. He seems to prefer that the American Congress should declare the war, while his submarines go on vaging it. In any event, the voyage of the armed liner St. Louis through his "barred zone" is the answer to his monstrous assumption of the right to sink innocent American ships and kill American citizens, at sight, in order that he might retaliate on his enemy.

In the first Lusitania note, the president said:

"The imperial German government will not expect the government of the United States to omit any word or act necessary to the performance of its sacred duty of maintaining the rights of the

THE MERE FACT THAT Scott's Emulsion

is generously used in tuberculosis camps is proof positive that it is the most energizing preparation in the world. It has power to create power. It warms and nourishes; it enriches the blood, stops loss of flesh and builds you up.

SCOTT'S IS PURE AND RICH AND FREE FROM ALCOHOL.

Scott & Bowne, Bloomfield, N. J.

United States and its citizens and of safeguarding their free exercise and enjoyment."

No word has been omitted and the time has come when no act is being omitted. Such is the underlying significance of the appearance of the St. Louis in Liverpool harbor with guns fore and aft and gunners instructed to shoot at sight.—Springfield Republican.



Who smokes Helmar?

The brains and back-bone of the Nation—Men of affairs—Men who demand and command the best.

These men smoke Helmar—Since when? For 12 years.

Because Helmar is made of pure Turkish tobaccos, Put together right.

Friend—if you will once, you will many times.

The Mildest tobacco for cigarettes is Turkish.

The Best tobacco for cigarettes is Turkish.

Quality Superb

Makers of the Highest Grade Turkish and Egyptian Cigarettes in the World